

2019-2020 QSN and TTQ Public Classes
CLASS DATES/TIMES ARE SUBJECT TO CHANGE
PRE-REGISTRATION REQUIRED

850-398-6965 / 1-877-848-6696

Updated October 2019 NML

For updated Schedule please contact nlarson@wfahec.org

Escambia County:

Sacred Heart Health Systems (Pensacola) 5051 Carpenters Creek Drive

Quit Smoking Now

Thursdays 9:00am- 11:00am	October 10- November 14, 2019
Thursdays 9:00am- 11:00am	January 9- February 13, 2020
Thursdays 9:00am- 11:00am	March 5-April 9, 2020
Thursdays 9:00am- 11:00am	April 30-June 4, 2020
Thursdays 9:00am- 11:00am	August 13-September 17, 2020
Thursdays 9:00am- 11:00am	October 8-November 12, 2020

Department of Health – Escambia County (Pensacola) 1295 W Fairfield Drive

Tools to Quit

Tuesday 5-7:00pm	October 15, 2019
Tuesday 5-7:00pm	November 19, 2019
Tuesday 5-7:00pm	December 17, 2019
Tuesday 5-7:00pm	January 21, 2020
Tuesday 5-7:00pm	March 17, 2020
Tuesday 5-7:00pm	July 21, 2020
Tuesday 5-7:00pm	September 15, 2020
Tuesday 5-7:00pm	November 17, 2020

Pathways for Change - The Family Center - Escambia County (Pensacola) 2050 West Blount Street

Tools to Quit

Monday 1:00pm-3:00pm	TBD
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Escambia Community Clinic (Pensacola) 2315 W. Jackson Street ** New location

Tools to Quit

Tuesday 2:00pm-4:00pm	October 8, 2019
Tuesday 2:00pm-4:00pm	November 12, 2019
Tuesday 2:00pm-4:00pm	December 10, 2019

West Florida Hospital (Pensacola) Pavillion Community Room 8383 N Davis Hwy,

Location of all the classes for 2016 will be held in the Cardiac Rehab Department. Cardiac Rehab is located at the rear of West Florida Hospital next to the Emergency Room. Pre-Registration is required at 850-494-3212. Class limit size is 12 participants.

Quit Smoking Now

Thursdays 5:30pm-6:30pm	TBD
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Florida Blue Center (Pensacola) 1680 Airport Boulevard (Cordova Commons)

Quit Smoking Now

Tuesdays 5:00pm-6:00pm TBD

Tools to Quit

Tuesday 5:00pm-7:00pm TBD

Baptist Health Care – My Healthy Blueprint(Pensacola) 1901 North E Street (Core Wellness Center),
850-469-6903

Please have interested participants call The Core Wellness Center **DIRECTLY to register for classes (850-469-6903) .*

Tools to Quit

Saturday 9:00am- 11:00am	September 14, 2019
Saturday 9:00am- 11:00am	January 11, 2020
Saturday 9:00am- 11:00am	February 8, 2020
Saturday 9:00am- 11:00am	March 14, 2020
Saturday 9:00am- 11:00am	April 11, 2020
Saturday 9:00am- 11:00am	May 9, 2020
Saturday 9:00am- 11:00am	June 13, 2020
Saturday 9:00am- 11:00am	July 11, 2020
Saturday 9:00am- 11:00am	August 8, 2020
Saturday 9:00am- 11:00am	September 12, 2020

Health & Hope Clinic (Ferry Pass) 1718 E Olive Road Pensacola *Health and Hope Clients have priority*

Tools to Quit

Tuesday 10:00am-12:00pm October 22, 2019

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Santa Rosa County:

Department of Health – Santa Rosa County (Milton) 5527 Stewart Street

Quit Smoking Now

Thursdays 5:30pm	October 17-November 14, 2019 * No class on 10/31
Thursdays 5:30pm	January 9- January 30, 2020 *4 weeks
Thursdays 5:30pm	February 6-February 27, 2020 *4 weeks
Thursdays 5:30pm	March 26-April 16, 2020 *4 weeks
Thursdays 5:30pm	May 7-May 28, 2020 *4 weeks
Thursdays 5:30pm	June 11-July 2, 2020 *4 weeks

Tools to Quit

Thursday 5:30pm-6:30pm	Part 1 December 5, 2019
Thursday 5:30pm-6:30pm	Part 2 December 12, 2019

Tools to Quit FOR PREGNANT CLIENTS

Tuesday 11:00am- 1:00pm	November 5, 2019
Tuesday 11:00am- 1:00pm	December 3, 2019

Good Samaritan Clinic (Gulf Breeze) 4435 Gulf Breeze Parkway (Hwy 98)

Quit Smoking Now

Wednesdays 11:00am	October 16-November 13, 2019
Wednesdays 11:00am	January 8-January 29, 2020 *4 weeks
Wednesdays 11:00am	February 5-February 26, 2020*4 weeks
Wednesdays 11:00am	March 11-April 8, 2020 *5 weeks
Wednesdays 11:00am	April 22-May 20, 2020 *5 weeks
Wednesdays 11:00am	June 3-July 1, 2020 * 5 weeks

Tools to Quit

Wednesday 11:00am-Noon	Part 1 December 4, 2019
Wednesday 11:00am-Noon	Part 2 December 11, 2019

Santa Rosa Medical Center (Milton) 6002 Berryhill Road

[class is held in the Locklin Education Bldg]-850-803-3467

Tools to Quit

Friday 11:00am-1:00pm	October 4, 2019 - Locklin room B
Friday 11:00am-1:00pm	November 8, 2019- Locklin room B
Friday 11:00am-1:00pm	December 6, 2019- Locklin Room B
Friday 11:00am-1:00pm	January 24, 2020- Locklin Room B
Friday 11:00 am-1:00pm	February 7, 2020- Locklin Room B
Friday 11:00am-1:00pm	March 20, 2020- Locklin Room B
Friday 11:00am-1:00pm	April 17, 2020- Locklin Room B
Friday 11:00 am-1:00pm	May 15, 2020-Locklin Room B
Friday 11:00 am- 1:00pm	June 12, 2020- Locklin Room B
Friday 11:00 am-1:00pm	July 17, 2020- Locklin Room B

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Okaloosa County:

Fort Walton Beach Medical Center (FWB) 1000 Mar Walt Drive

Quit Smoking Now

Wednesdays 5:30 pm	January 8 - February 5, 2020
Wednesdays 5:30 pm	February 26 - March 25, 2020
Wednesdays 5:30 pm	April 15 - May 13, 2020
Wednesdays 5:30 pm	June 3 - June 24, 2020 (4 sessions)
Wednesdays 5:30 pm	July 15 - August 12, 2020
Wednesdays 5:30 pm	September 9 - October 7, 2020
Wednesdays 5:30 pm	October 21 - November 18, 2020

Tools to Quit

Wednesday 5:30 - 7:30 pm	December 11, 2019
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Department of Health – Okaloosa County (FWB) 221 Hospital Drive

Quit Smoking Now

Wednesdays 12:00 pm	January 8 - February 5, 2020
Wednesdays 12:00 pm	February 26 - March 25, 2020
Wednesdays 12:00 pm	April 15 - May 13, 2020
Wednesdays 12:00 pm	June 3 - June 24, 2020 (4 sessions)
Wednesdays 12:00 pm	July 15 - August 12, 2020
Wednesdays 12:00 pm	September 9 - October 7, 2020
Wednesdays 12:00 pm	October 21 - November 18, 2020

Tools to Quit

Wednesday 12:00 - 2:00 pm	December 11, 2019
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Twin Cities Hospital – Wellness Center (Niceville) 2190 N Hwy 85

Quit Smoking Now

Mondays 5:30 pm	September 9 - October 7, 2019
Mondays 5:30 pm	October 28 - November 18, 2019
Mondays 5:30 pm	January 6 - February 3, 2020
Mondays 5:30 pm	February 24 - March 23, 2020
Mondays 5:30 pm	April 13 - May 11, 2020
Mondays 5:30 pm	June 1 - June 29, 2020
Mondays 5:30 pm	July 13 - August 10, 2020
Mondays 5:30 pm	September 7 - October 5, 2020
Mondays 5:30 pm	October 26 - November 23, 2020

Tools to Quit

Monday 5:30pm-7:30pm	December 2, 2019
Monday 5:30pm-7:30pm	December 16, 2019

Crestview Health Center (Crestview) 800 Hospital Drive

Quit Smoking Now

Wednesday 5:00pm	August 21 – September 11, 2019
Wednesday 5:00pm	September 25 – October 16, 2019
Wednesday 5:00pm	October 30 – November 20, 2019

Tools to Quit

Wednesday 5:00- 7:00pm	December 11, 2019
Wednesday 5:00- 7:00pm	TBD

Department of Health – Okaloosa County (Crestview) 810 E James Lee Boulevard

Quit Smoking Now

Thursdays 10:00am	September 19 -- October 17, 2019
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Tools to Quit

Thursday 10am-12:00pm (noon)	November 7, and 14, 2019
Thursday 10am-12:00pm (noon)	December 5 and 19, 2019

North Okaloosa Medical Center (Crestview) 151 E Redstone Avenue

Quit Smoking Now

Mondays 5:30 pm	September 9 - October 7, 2019
Mondays 5:30 pm	October 28 - November 18, 2019
Mondays 5:30 pm	January 6 - February 3, 2020
Mondays 5:30 pm	February 24 - March 23, 2020
Mondays 5:30 pm	April 13 - May 11, 2020
Mondays 5:30 pm	June 1 - June 29, 2020
Mondays 5:30 pm	July 13 - August 10, 2020
Mondays 5:30 pm	September 7 - October 5, 2020
Mondays 5:30 pm	October 26 - November 23, 2020

Tools to Quit

Mondays 5:30 - 7:30 pm	December 9, 2019
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Crossroads Medical Center (Valparaiso) 444 Valparaiso Road

Tools to Quit

Thursday 12:00-2:00pm	
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Walton County:

Sacred Heart Hospital on the Emerald Coast (Miramar Beach) 7800 W Hwy 98

Quit Smoking Now

Wednesdays 5:30 pm TBD

Tools to Quit

Wednesday 5:30 - 7:30 pm October 2, 2019

Wednesday 5:30 - 7:30 pm November 6, 2019

Wednesday 5:30 - 7:30 pm December 4, 2019

Wednesday 5:30 - 7:30 pm December 18, 2019

Department of Health – Walton County (DeFuniak Springs) 362 Hwy 83

Quit Smoking Now

Tuesdays 5:30pm October 22 -- November 19, 2019

Tools to Quit

Tuesday 5pm to 7pm August 13, 2019

Tuesday 5pm to 7pm December 3, 2019

Tuesday 5pm to 7pm December 17, 2019